

Group 4

Analyzing the reasons for stress levels in 1st year & 2nd year Physical Science and ISMF students in faculty of science

Hello,

We are conducting a research survey to **"Explore the stress levels experienced by Physical Science and ISMF undergraduates in their first two years at the University of Colombo, Faculty of Science"**. Your input is crucial in understanding the factors contributing to stress during this academic phase. The survey is confidential, voluntary, and is expected to take approximately 4-5 minutes to complete. Your participation will aid in identifying support areas and enhancing the overall well-being of our student community. Your contribution is greatly appreciated.

PS: Rotate your phone to portrait orientation when answering question in the form of table.

Thank you for your time in advance.

Section 1




1. What is your gender?
 - ☐ Male
 - ☐ Female

2. What is your academic year?
 - ☐ Frist Year
 - ☐ Second Year

3. What is your subject stream?
 - ☐ Physical Science
 - ☐ Industrial Statistics and Mathematical Finance

Section 2

4. On a scale of 1 to 5, Do you think each of the following factors affects your stress level due to academics:

	1-Strongly Agree	2-Agree	3-Neutral	4-Disagree	5-Strongly Disagree
Lecture schedules					
English knowledge					
Assignments 					
Mid-semester or module exams 					
Practical 					
Competition					

5. How many **hours per day** do you spend on for self-study?

- ☐ Less than 2 hours
- ☐ 2-4 hours
- ☐ 4-6 hours
- ☐ 6-8 hours

- More than 8 hours

Section 3

6. From where do you come to the university?

- Own house
- Private boarding house
- University hostel



7. What is the satisfaction level about the financial support from your family or guardians?

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

8. On average, how much do you spend on your basic needs (food, clothing, shelter, transportation) per month?

- Less than Rs 10,000
- Rs 10,000 - 15 000
- Rs 15,000 - 20,000
- Rs 20,000 - 25,000
- More than Rs 25,000

9. What is your current employment status?

- Unemployed
- Employed Part-time
- Employed Full-time

10. **If employed**, how many **hours per day** do you work?

- Less than 4 hours

- 4-8 hours
- More than 8 hours

11. Do you receive any form of financial aid or scholarships?

- Yes
- No

12. How often do you skip meals or reduce food intake due to financial constraints?

- Never
- Rarely
- Occasionally
- Frequently
- Always

Section 4

13. How often do you have a quality conversation with your loved ones
(family/partner/friends)?

	Not applicable	1 - Never	2 - Rarely	3- Occasionally	4 - Frequently	5 – Always
Family						
Partner						
Friends						

Section 5

14. Are you currently involved in any extracurricular activities (Clubs & Societies, Sports...) within the university?

- ☐ Yes
- ☐ No

If you answer is “No”, Move to the next section.

15. On average, how many **hours per week** do you spend on extracurricular activities?

- ☐ Less than 4 hours
- ☐ 4-8 hours
- ☐ 8-12 hours
- ☐ 12-16 hours
- ☐ More than 16 hours

16. Do you think the following aspects of extracurricular activities contribute the most to your stress?

	1-Strongly Agree	2-Agree	3-Neutral	4-Disagree	5-Strongly Disagree
Time commitment					
Academic pressure					
Peer pressure					

Competition					
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Section 6

17. Are you aware about the counselling services provide by the university?

- ☐ Yes
- ☐ No

18. Are you comfortable to use the university counselling service?

- ☐ Yes
- ☐ No

19. For each question choose from the following alternatives.

In the last month, how often have you;

	0 - never	1 - almost never	2 - sometimes	3 - fairly often	4 - very often
Been upset because of something that happened unexpectedly					
Felt that you were unable to control the important things in your life					

Felt nervous and stressed					
Felt confident about your ability to handle your personal problems					
Felt that things were going your way					
Found that you could not cope with all the things that you had to do					
Been able to control irritations in your life					
Felt that you were on top of things					
Angered because of things that happened that were outside					

of your control					
Felt difficulties were piling up so high that you could not overcome them					

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Index numbers of group members

15027 15314 15596 15621 15638
15639 15649 15655 15660 15676
15751